



**City Mental Health Alliance**  
**Member Guide 2016**

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## About the City Mental Health Alliance

The City Mental Health Alliance (CMHA) is a not-for-profit network organisation that is business-led and owned by its members. The CMHA's success is realised through its members' contributions, knowledge and experience, organisation of events and other active efforts.

The CMHA is keen to attract London-based employers interested in supporting and improving the mental health of those working in the City.

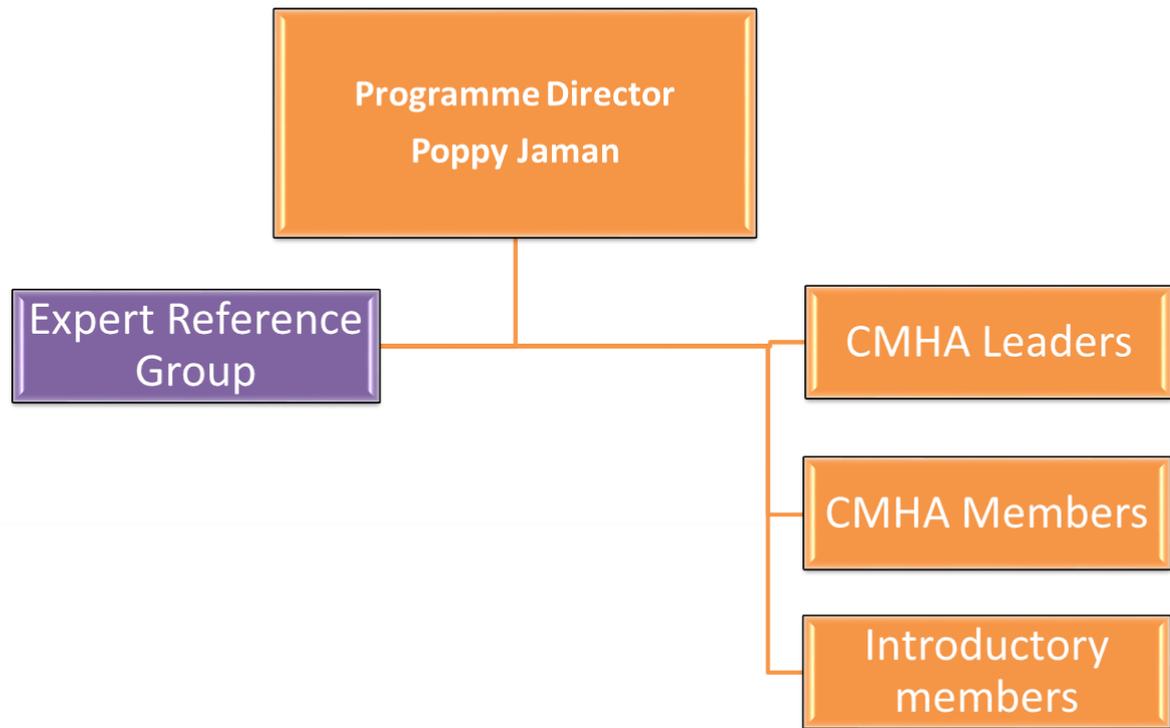
## The CMHA vision

- People at all levels in the City are able to talk about mental health without fear or stigma.
- City organisations recognise mental health as a boardroom issue and consider active support for employees' mental health essential for maximising business performance, critical to managing risk and a vital responsibility for safeguarding people.
- Prevention is recognised as equally important as treatment to address mental health issues.

## We aim to:

- **Increase mental health literacy:** develop the knowledge and understanding in the City of the full spectrum of mental health issues.
- **Provide appropriate language** and confidence for everyone in the city to talk articulately and with impact.
- **Engage proactively with the media** to encourage a better understanding and positive reporting of mental health issues in the City.
- **Create a culture of openness:** support people, especially senior business leaders with experience of mental health issues, to tell their stories and inspire others at any level to speak out about their experiences.
- **Enable practical steps to be taken by employers:** provide City employers with practical tools and the opportunity to share and hear other companies' experiences.

## CMHA Structure 2016



## CMHA Leaders

You are the thought leaders and innovators of the CMHA and are responsible for establishing the CMHA strategy and driving achievement of its vision.

### CMHA Leader benefits

**Increase mental health literacy:** develop the knowledge and understanding in the City of the full spectrum of mental health issues.

- Your brand receives recognition as a leader in workplace mental health
- You are invited to participate in high-level Government events on mental health
- You are invited to respond to media requests
- You are invited to exclusive cultural and arts events relating to mental health

**Provide appropriate language** and confidence for everyone in the City to talk articulately and with impact.

- You become actively involved in and access benchmarking and academic research
- You have access to expert guidance from the CMHA advisory board

**Create a culture of openness:** support people, especially senior business leaders with experience of mental health issues, to tell their stories and inspire others at any level to speak out about their experiences.

- You have access to use tools created by the CMHA
- You are invited to participate at high level conferences and public events
- You receive coaching and support from the CMHA programme team and experts

**Enable practical steps to be taken by employers:** provide City employers with practical tools and the opportunity to share and hear other companies' experiences.

- You receive support from an expert advisory board
- You are invited to four events to network with members, share knowledge and experience, debate current mental health topics and learn from experts and best practice
- You receive our bi-annual newsletter with updates on current thought leadership, practical steps to reduce stigma, increase understanding and increase mental health literacy and support
- You receive regular updates on key activities, initiatives and information from experts in the mental health space
- You participate as a guest at annual public events and sponsor-only events
- You are involved with and access benchmarking and academic research
- You receive expert guidance from the CMHA advisory board
- Access to tools created by the CMHA

## **CMHA Leader responsibilities in line with CMHA's aims**

1. Participate in a minimum data set collection so that we are the first city globally to report and monitor progress on mental health in the workplace
2. Hold a mental health focused event within your company each year
3. Attend a CMHA event each year. We will hold a minimum of two: a chairman's breakfast and an annual celebration
4. Actively engage in a mental health initiative which encourages employees to share their experiences with mental health such as the CMHA sponsored '[This is Me in the City](#)' initiative, led by the Lord Mayor's Appeal team
5. Attend a quarterly CMHA strategy meeting
6. Provide a short synopsis of what your company is doing to support positive mental health and wellbeing in the workplace
7. Contribute an annual membership fee of £10,000

## CMHA Members

You are the champions of the CMHA and this is your social movement. You are responsible for shaping the direction of mental wellbeing within your company and creating positive change in the workplace. This is your network, the first business led network of its kind globally.

### CMHA Member benefits in line with CMHA's aims

**Increase mental health literacy:** develop the knowledge and understanding in the City of the full spectrum of mental health issues.

- You have access to four events to network with members, share knowledge and experience, debate current mental health topics and learn from experts and best practice
- You are invited to annual public events and sponsor only events

**Enable practical steps to be taken by employers:** provide City employers with practical tools and the opportunity to share and hear other companies' experiences.

- Receive our CMHA bi-annual newsletter
- You receive regular updates on key activities, initiatives and information from experts in the mental health space

**Provide appropriate language** and confidence for everyone in the city to talk articulately and with impact.

- You are Involved in and access benchmarking and academic research

**Create a culture of openness:** support people, especially senior business leaders with experience of mental health issues, to tell their stories and inspire others at any level to speak out about their experiences.

- You receive expert guidance from the CMHA advisory board
- You have access to tools created by the CMHA

### Member responsibilities

1. Participate in a minimum data set collection so that we are the first city globally to report and monitor progress on mental health in the workplace
2. Hold a mental health focused event within your company each year
3. Attend a CMHA event each year. We will hold a minimum of two: a chairman's breakfast, an annual celebration, along with networking meetings for which you set the agenda
4. Engage in a mental health initiative which encourages employees to share their experiences with mental health such as the CMHA sponsored '[This is Me in the City](#)' initiative, led by the Lord Mayor's Appeal team
5. Provide a short synopsis of what your company is doing to support positive mental health and wellbeing in the workplace
6. Contribute an annual membership fee of £3,000

## CMHA Introductory Members

You are first year members of the CMHA and this is your opportunity to observe and learn from peers in the City. Take this time to explore, gather information and decide what the mental health and wellbeing strategy for your company may look like.

### Introductory Member benefits in line with CMHA's aims

- You have access to four events to network with members, share knowledge and experience, debate current mental health topics and learn from experts and best practice
- You receive the CMHA bi-annual newsletter
- You receive regular updates on key activities, initiatives and information from experts in the mental health space
- You are invited to annual public events and sponsor only events
- You are actively involved in and access benchmarking and academic research
- You receive expert guidance from the CMHA advisory board
- You have access to tools created by the CMHA

### Introductory Member responsibilities

1. Choose to participate in a minimum data set collection so that we are the first city globally to report and monitor progress on mental health in the workplace
2. Consider holding a mental health focused event within your company
3. Attend a CMHA event each year. We will hold a minimum of two: a chairman's breakfast and an annual celebration
4. Choose to engage in a mental health initiative which encourages employees to share their experiences with mental health, such as the CMHA sponsored ['This is Me in the City'](#) initiative, led by the Lord Mayor's Appeal team
5. Choose to provide a synopsis of what your company is doing to support positive mental health and wellbeing in the workplace
6. Contribute an annual membership fee of £1,000

## CMHA Expert Reference Group

### Expert Reference Group benefits

- Individual recognition as an advisor to the CMHA
- Invitation to high level Government events on mental health in relation to CMHA
- Invitation to support CMHA media requests
- Invitation to participate at high level conferences and public events
- Invitation to exclusive cultural and arts events relating to mental health
- Participation in ground breaking research

### Expert Reference Group responsibilities

1. Attend quarterly meetings to advise the CMHA. These meetings will be aligned to CMHA Leaders meetings and take place at a venue in central London
2. Support the CMHA by advising on its work programmes, adding a level of quality assurance and credibility
3. Stretch and challenge the CMHA in a helpful way to ensure it is maximising its potential
4. Prevent the CMHA from making any obvious mistakes that may cause it reputational damage or waste of resources
5. No remuneration or reimbursement of expenses, i.e. purely voluntary

## CMHA Leaders and Expert Reference Group 2016

### Leaders

Chair:

**Nigel Jones** (Linklaters)

Vice Chair, London:

**Beth Robotham** (Bupa)

Vice Chair, International:

**Brian Heyworth** (HSBC Global)

Programme Director:

**Poppy Jaman** (Mental Health First Aid England)

NED Developing Role Models:

**John Binns**

NED:

**Pete Rodgers**

**Gaenor Bagley** (PWC)

**Gemma Bourne** (Lend Lease)

**Sally Boyle** (Goldman Sachs)

**Susan Bright** (Hogan Lovells)

**Tony Cates** (KPMG)

**Michael Cole-Fontayn** (BNY Mellon)

**Rebecca George** (Deloitte)

**Charlie Jacobs** (Linklaters)

**Steve Wilkinson** (EY)

### Expert Reference Group

Chair:

**Paul Farmer** (Mind)

**Louise Ashton** (BiTC)

**Simon Wessely** (KCL)

**Gregor Henderson** (PHE)

**Michael MacDonnell** (NHSE)



## Becoming a Member

To register for membership, please complete the form below and email to [cmha@citymha.org.uk](mailto:cmha@citymha.org.uk).

### Senior sponsor

Name:

Role:

Email:

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### Operational lead

Name:

Role:

Email:

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### Invoice contact

Name:

Email:

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**In no more than 500 words, please describe why your organisation wishes to join the CMHA:**

## Current CMHA Members

Aberdeen Asset

Allen & Overy

Aon

Bank of America

Bank of England

Barclays

Berwin Leighton Paisner

Bird & Bird

Bloomberg

BNY Mellon

Brewin Dolphin

Bupa

City of London

Clifford Chance

Deloitte

Deutsche Bank

EY

FCA

Field Fisher

Freshfields

Goldman Sachs

GLA

Herbert Smith

Hogan Lovells

Holman Fenwick Willan

HSBC

KPMG

Legal & General

Lend Lease

Linklaters

Lloyds Banking

Morgan Stanley

PWC

Slaughter and May

Schroders

Standard Chartered

UBS

Unum

White & Case

Gowling WLG



**CMHA**  
City Mental Health Alliance